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Metatarsals

Ah, the metatarsals! Those unsung heroes of the foot, tirelessly supporting us as we walk, run, and occasionally stub our toes. These five long bones in the midfoot are like the middle children of the skeletal family, often overlooked but crucial to the foot's structure and function. They're the bridge between the tarsal bones, those ankle dwellers, and the phalanges, the fancy name for toe bones. So next time you take a step, give a little thanks to those metatarsals – they're the ones making sure your foot's arch doesn't turn into a flat tire!